**Insertional Achilles Tendon Surgery – Mr David Gordon (NHS)**

Antibiotics: None

Tourniquet: Thigh, Kimberly – Clarke blue wrap, sealed with Leukoplast tape, sterile 6 inch Esmarch, 250mmHg once draped

Position: Lateral with supports (as for hip replacement, operated leg on down side), legs placed prone, 2x x pillows under shins, calf pumps

Skin Prep: Alcoholic Chlorhexadine in Mr Gordon’s Sterile Bag (foot) then to just above knee

Drape: Trolley cover, Hand & Foot drape, Optape

Local: 20mls 0.5% Marcaine (unless popliteal block)

Equipment: Day Surgery Set (bipolar diathermy, McDonald dissector, Gilles forces, Adson forceps, cats paws, suture scissors, large Langenbeck)

Sterile 6 inch Esmarch

2 x light handles

Marker pen

XRay cover

Suction tubing + Fraser suction tip

1 x #10 blade

2 x #15 blades

SpeedBridge, Arthrex (Disposable Loan, if ordered)

Sutures: 1 PDS (Z468H), 2/0 undyed Vicryl (W9527), 3/0 Monocryl (MCP 3213H), ½ “ steristrips cut in half

Dressings: Opsite

Plaster: Front slab – 3 x 6 inch rolls

Wool **-** 2 x 6 inch, 1 x 4 inch

Crepe - 2 x 6 inch, 2 x 4 inch

Post op: Touch weight bearing with crutches

2/52 – OPD: plaster off, wound check, rigid walking boot

Accelerated rehabilitation protocol